**Journal #2: Self-Evaluation of Therapeutic Food Use (25 points)**

***You will automatically lose 2 points if your submission is less than 500 words.***

**Health Maintenance (5 points)**

• What is your idea of a balanced diet?

• List any foods you eat to stay healthy.

• List any foods you eat to improve strength, endurance, or vitality.

• List any foods you avoid to help prevent illness or disease.

• What do you consider to be a healthy body image (thin, plump, muscular, or other)?

**Disease, Illness, and Sickness/Healing Practices (8 points)**

• List one food that your mother fed you when you were sick.

• Are there any foods you desire when you are sick?

• List any foods you eat to cure illness or disease when you are sick.

• List several home, popular, or traditional therapies involving food, herbs, and/or

vitamins and minerals. Would you ever try any of them? Why?

**Attitudes (8 points)**

• Were you aware of your own therapeutic uses of food before you completed this

evaluation?

• Are your therapeutic uses of foods based on biomedical research? On information

you obtained from a newspaper, magazine, television, or computer? On information

learned from family or friends?

• What is your opinion about people who use home, popular, or traditional therapies

to treat illness and disease?

• What is your opinion about overweight persons? About overly thin persons?

**Application (4)**

• How do your food habits differ from your family norms? Those of friends? Those of

people you work with? Those of clients? In what significant ways to they differ?

• What can you do to avoid assumptions about therapeutic food habits that seem

illogical or unfounded?